

Vaccination and adults at high risk, including older adults: Help protect yourself from pneumonia and other related diseases

What is pneumonia?

Pneumonia is a lung disease that can be caused by infections. One type of pneumonia is caused by pneumococcus (NEU-mo-KOK-us) bacteria. It is called pneumococcal pneumonia. Pneumococcus can also cause ear and sinus infections and serious conditions like meningitis and blood infections. A vaccine may help protect you against this kind of pneumonia and other types of pneumococcal infection.

How can you get pneumococcal pneumonia?

- Pneumococcal pneumonia and other related diseases are spread through coughing, sneezing, or close contact with someone who has the infection or is carrying the bacteria
- Pneumococcal pneumonia is one common complication that can occur from having the flu

How can you help prevent pneumococcal pneumonia and other pneumococcal infections?

The Centers for Disease Control and Prevention (CDC) recommends a vaccine against pneumococcal disease for certain groups of adults, some of which are shown here:

- Who are 65 years of age or older

- Who are under 65 years of age with certain health conditions, including heart disease, lung disease, diabetes, kidney disease, or liver disease
- Who have a weakened immune system from certain conditions, including:
 - Cancer
 - Bone marrow or organ transplant
 - Damaged spleen or no spleen
 - HIV/AIDS
- Who smoke
- Who live in a nursing home or long-term care facility

There are two types of pneumococcal vaccine. Your healthcare provider can tell you whether you should receive one or both types.

A pneumococcal vaccine may not protect everyone from getting pneumonia or other related diseases.

Write down any questions you may have about pneumonia or the pneumococcal vaccine and share them with your provider.

Talk to your healthcare provider about whether pneumococcal vaccination is right for you.



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